

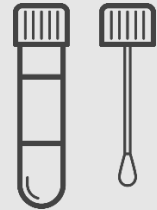
Coronavirus Disease 2019 (COVID-19)

Testing Yourself for COVID-19

Self-test kits are now available in Ontario and can be used to test yourself for COVID-19 at home or elsewhere. This fact sheet explains what steps to follow based on the result of your self-test. For information on when to test yourself for COVID-19, please see the Ministry of Health: [COVID-19 Test and Testing Location Information](#).

What is a COVID-19 self-test kit

- These are test devices that are typically purchased online or over-the-counter and can be used to test yourself for COVID-19 at home or elsewhere.
- The self-test kits provide results on the spot within about 30 minutes. They are different from self-collection kits which are used to collect your sample to send to a laboratory for testing. The samples from self-test kits should not be sent to the laboratory.
- You should only use a self-test kit that has been approved by Health Canada.
- When testing yourself, follow the self-test kit package instructions carefully.



If your self-test result is positive

- You may have COVID-19, but you should go for a laboratory test as soon as possible to confirm your results.
- You should immediately self-isolate until you receive your confirmed laboratory test result.
- Advise your household members and other close contacts to stay home until you receive your confirmed laboratory test result.
- Avoid using public transportation such as buses or trains, if possible, and follow public health guidance on limiting the spread of COVID-19.
- If your confirmed laboratory test result is positive, you and your household members and other close contacts should self-isolate. Your contacts should also get tested for COVID-19. Your local public health unit will be notified of your positive laboratory result and will follow up with you to provide further advice.

If your self-test result is negative, but you have symptoms or have been exposed to COVID-19

- It is less likely that you have COVID-19, but you should go for a laboratory test as soon as possible to confirm your results because self-test kits may not be as good as laboratory tests to detect COVID-19.
- You should self-isolate until you receive your confirmed laboratory test result.
- If you are symptomatic, advise your household members and other close contacts to stay home until you receive your confirmed laboratory test result.
- Avoid using public transportation such as buses or trains, if possible, and follow public health guidance on limiting the spread of COVID-19.
- If your confirmed laboratory test result is positive, you and your household members and other close contacts should self-isolate. Your contacts should also get tested for COVID-19. Your local public health unit will be notified of your positive laboratory result and will follow up with you to provide further advice.

If your self-test result is negative and you have NO symptoms and have NOT been exposed to COVID-19

- It is less likely that you have COVID-19. You may resume your daily activities while continuing to follow all public health advice.

If your self-test result is invalid

- An invalid test result means your self-test kit did not produce either a negative or positive result.
- If this happens, you should go for a laboratory test instead, to obtain a valid test result.
- You should continue to follow all public health advice on limiting the spread of COVID-19.

Additional resources

- Public Health Ontario:
 - [How to Protect Yourself from COVID-19](#)
 - [How to Self-Isolate](#)
 - [You Were Tested for COVID-19: What you should know](#)
 - [When to Self-isolate for Household Members](#)

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of July 16, 2021